

Do's and
Don'ts
of
**Earthquake
Preparedness
for People
with Special
Needs**

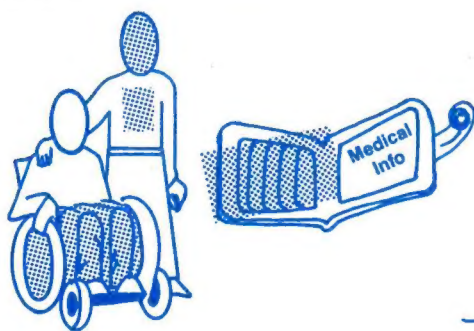


Be
Quake
Safe

Earthquakes — they strike suddenly and destructively, causing injuries and damage, especially to those unaware and unprepared for earthquake dangers.

Before an Earthquake...

- Realistically conduct an assessment of your own needs, limitations and capabilities. Write them down, make copies and keep them readily available.
- Find a “buddy” — someone (a roommate, friend, neighbor, relative or co-worker) to help you in case of an emergency. Give them a copy of your self-assessment list. Update the information when conditions change. You may wish to give your “buddy” a spare key to your home, or tell him/her where you keep one available.
- Contact your local emergency preparedness office to make them aware of your special needs.
- Identify exits, doorways, hallways and determine alternate escape routes. Avoid narrow exits or enclosed areas (such as a patio) where you might become trapped or be missed by rescue personnel.
- Prepare and keep handy an emergency/evacuation kit sufficient for at least 72 hours.



Special Needs...

- Individuals using electric wheelchairs should have extra batteries (charged) and a recharger. You may wish to invest in a manual wheelchair.
- Individuals using a respirator should have a backup generator.
- Have extra supplies of catheters or bladder pads, as toilets may be out.
- Store extra medicines and instructions in a safe place like the refrigerator. Also, be sure to carry medical information in your wallet or purse.
- If you are visually impaired, keep extra canes at work and at home. Have spare eyeglasses. Do not forget pet food, harness and equipment if you have a “guide” or hearing dog.
- If you are on insulin, keep extra supplies.
- Individuals with hearing impairments should keep extra hearing aid batteries and several notebooks/pencils in several locations. Written messages will be invaluable to anyone assisting you.
- If you are on a special diet, store sufficient supplies.

During an Earthquake...

- If in a wheelchair, stay in it. If possible, get under a doorway, lock the wheels and cover your head with your arms.
- If in bed or in a chair, protect yourself in any way from falling objects. Hide under the bed clothes, a sturdy table, desk, or doorway. Stay away from outer walls, windows, fireplaces.
- If outside, stay in an open area, away from trees, telephone poles and buildings.
- If driving, pull over, stop, set the parking brake and remain inside the vehicle until the shaking is over.
- If you are visually or hearing impaired and you feel the ground move, assume it is an earthquake. Seek cover; stay away from outside walls of buildings. Drop to your knees; use your arms to protect your neck and head.

Portions of the above adapted from Red Cross and SCEPP materials.

After an Earthquake...

- If trapped, do anything to attract attention to your location.
- Turn on your T.V. or battery-powered radio to receive emergency information and instructions.
- Help yourself until outside assistance arrives. If you can, help others in need.

Be Prepared... Be Quake-Safe!

For more information, contact:

ORANGE COUNTY FIRE DEPARTMENT
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